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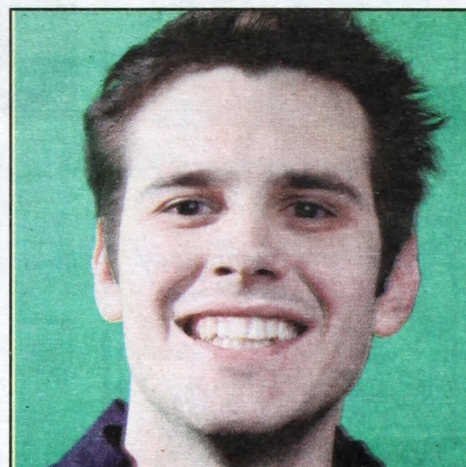
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LAMBDA



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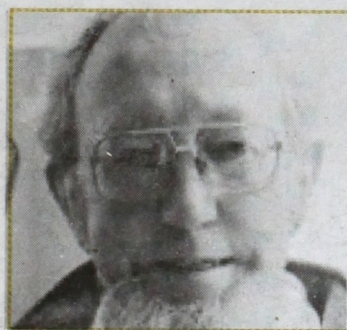


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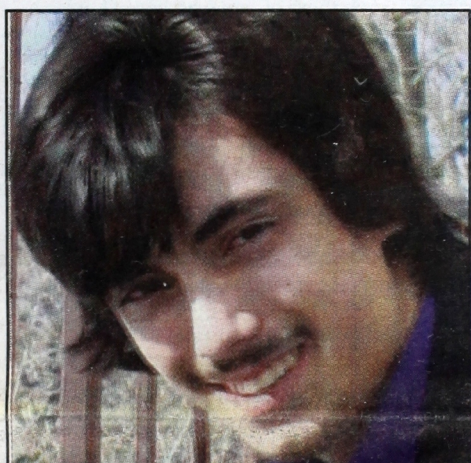


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Stereos defeat 'hump day' at Great Hall



Birds of Wales open for
 Stereos in the Great Hall.

Jon Danyliw
 Arts & Entertainment Editor

Tattoos are no longer a mark of the counter-culture. This is what Stereos taught me the night of their concert in the Great Hall at Laurentian University.

The band played to a 400 strong crowd of screaming fans.

Of course, their intentions aren't counter-cultural: "I grew up loving bands like Rancid but I loved Mariah Carey and Ace of Base at the same time. I dress the way I've always dressed and I listen to music that I like to play," says Robb Chalifoux, the band's guitarist.

Similarly, lead singer Pat Kordyback says, "Tattoos; I always

liked the way tattoos looked and felt. I think we get stereotyped a lot. If you look at the number of hip-hop artists with tattoos, Ne-Yo has himself quite a few tattoos [for example], and people are like, "Why are you playing R 'n' B, Ne-Yo?"

The morning of their performance at Laurentian University, Stereos were nominated for 2 Juno awards: "We're excited ... I think our families and everyone around us are more excited than we are. Robb put it pretty well: winning a Juno is a lot like winning the conference championship in hockey or something," says Pat. "If we win the award or we don't win the award, it doesn't change the fact that we're going to be writing new material and playing as much as possible."

And that seems to be the correct plan, as Stereos are only growing in popularity with upwards of 6 songs from their debut album having charted on the national Canadian radio charts. The Juno nominations are simply an acknowledgement of how far they have come:

"This is pretty much all we wanted to do, even though it's like crazy and out there. There's nothing else I wanted to do. We've been preparing for this a long time. We always thought we had what it took to be the band that we're being. So a lot of what we're accomplishing we always hoped we would accomplish it," says Pat.

Hailing from the west coast, this was the first visit to Sudbury for any of the members of the band. Morgan Cameron Ross, lead singer of opening act Birds of Wales – also from the west coast – told a different story: "I think fondly of Sudbury because a couple of months ago I came up here to a place called Killarney [and] bought a puppy – a little black lab. Sudbury, to me, is where I got my little puppy." Combining country-rock with pop music, Birds of Wales warmed up the young Laurentian crowd to the perfect extent – hopefully winning many fans in the process – before Stereos took the stage.

Despite the synthesized

nature of their music, Stereos sounded surprisingly similar to their recordings live. They ran and jumped around the stage like seasoned professionals and commanded the audience's attention to the utmost degree; the 400 students in attendance sang along to every line: "We're an all-ages band, which is a way of saying that we have a very young female following, which we love and they're the most devoted fans in the world," says Pat. The show couldn't have been any better received.

Watch for Stereos to return in support of Hedley on April 12 at the Sudbury arena.



Stereos entertain some 400 students at the Great Hall during their first ever Sudbury gig.

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Advice column: Ask Kayla



Kayla Thomas
Contributor

Hi Kayla;

I have short and simple question that I hope you will be able to advise me on. I really like this guy, but it seems as if my friends don't want me to be with him. What should I do?

Lost and in love

Hi Lost and in Love!

Well first of all, I would say, this is YOUR life. Only you know what decisions are best for you.

Has this guy done actually anything to make your friends hate him? If so, then maybe their concerns are valid. But if not, then there might be other motives behind their refusal to support a relationship between you two. It doesn't get any simpler than that.

Only you know what is best for you and if this guy has treated you well so far, and has not done anything that is of concern, then he might be a great guy for you.

I hope this helps!

Kayla

Hey Kayla

I don't know if this ever happened to you, but I CANNOT keep up in class. I mean, I cannot follow what the Prof is saying and my notes at the end of the day mainly look like scribbles with elementary pictures. What can I do? I need this class but at this rate I'm going to fail!

Slow to follow

Hi Slow to Follow!

Sadly enough, this has happened to me. In fact, it still happens to me; and I'm sure most of the students at LU can relate.

Maybe you are like me; I cannot, as much as I hate admitting this, listen and write notes at the same time. I always seem to miss something whenever I'm trying to write notes. So, I will suggest to you what I have done in some of my classes: buy a digital recorder and tape the class. They sell some cheap ones at Future Shop for maybe \$50.00.

Bring the recorder to class, tape the class, but STILL TAKE NOTES while in the class. It will help if you still pay attention in class so that when you do go home to transcribe what you recorded, you at least have an idea of what the professor was talking about.

You could also ask a friend or another student in the class if you can use their notes and just explain to them that it is really hard for you to keep up in class.

Hope this helps!

Kayla

Need advice from Kayla?

Email her at

kx1_thomas@laurentian.ca

LU's first Israeli Apartheid Week: Where is the participation?



Candace Jazvac
Assistant Editor

It has come to my attention that Laurentian University's very first Israeli Apartheid Week has gone somewhat unnoticed by a large part of the student body. While there are many rumblings about campus as to why this is the case, I am personally disappointed by the lack of participation from our students. According to a friend and fellow student, only a handful of people showed up to the majority of events and lectures this week, and that these were familiar faces from one event to the next.

Awareness weeks, such as Israeli Apartheid Week, are an opportunity for all members of the Laurentian community to take part in a greater conversation about issues that may be perceived as controversial, but are also important. Not only do these collections of lectures, movies and other various events allow for those on either side to discuss their viewpoints, but they also provide opportunity for those

who are unsure of the subject matter to learn.

In this spirit, I would like to encourage the Laurentian student body, as well as its staff to participate in the remainder of the activities of Laurentian University's first Israeli Apartheid Week.

Today, Thursday March 11 at 1:00 p.m. in FA-054 (also known as the lower Fraser), join guest speakers Mark Evard, Rafeef Ziadah and Alan Sears for a lecture entitled "What can we do about the occupation of Palestine? An educational discussion of the Right to Education and Boycott, Divestment and Sanctions Campaigns".

Also, later this afternoon at 4:00 p.m., drop by the Student Centre to see Rafeef Ziadah and Silvertongue in their spoken word/hip hop performance called "Poetics of Resistance". Ziadah is a Palestinian spoken-word artist and activist, and Silvertongue is a local rapper and artist.

I realize that most may be wary of participating in events that involve such sensitive and often controversial subject matter, but by doing so, we allow ourselves to understand what all the fuss is really about. It is easy to sit back, and enjoy the lovely sunshine we've been having lately, but would we really be doing our jobs as students and potentially future academics if we chose not to engage in conversations like these?

The choice is yours.

Sustainability week continues



Kayla Cornthwaite
Contributor

This week on campus has been Sustainability Week and I hope many of you were able to make it out to some of the events. I'd like to make you all aware of two upcoming events happening here on campus.

Some of you might have already heard of the 'Teach in for Climate Justice' and have already had class discussions. For those of you who haven't, it is an international program being run by The Sierra Youth Coalition and GoBeyond (a B.C. organization) to introduce discussions about climate justice into the classrooms during a two week period. We, at the Sustainable Earth Club have decided to extend it to everyone outside of the classroom. There will be two separate discussions being held:

Thursday, March 11, 2010 (TONIGHT), Third Floor of the Student Center, at 3PM. Climate Sit-In and Open Discussion led by members of the Sustainable Earth Club.

Friday March 12, 2010, Climate Sit-In and Undergraduate Student Seminars from the Native Studies Department. Sit-In led by Cathy Orlando. Please contact Cathy for info by phone at (705) 675-1151

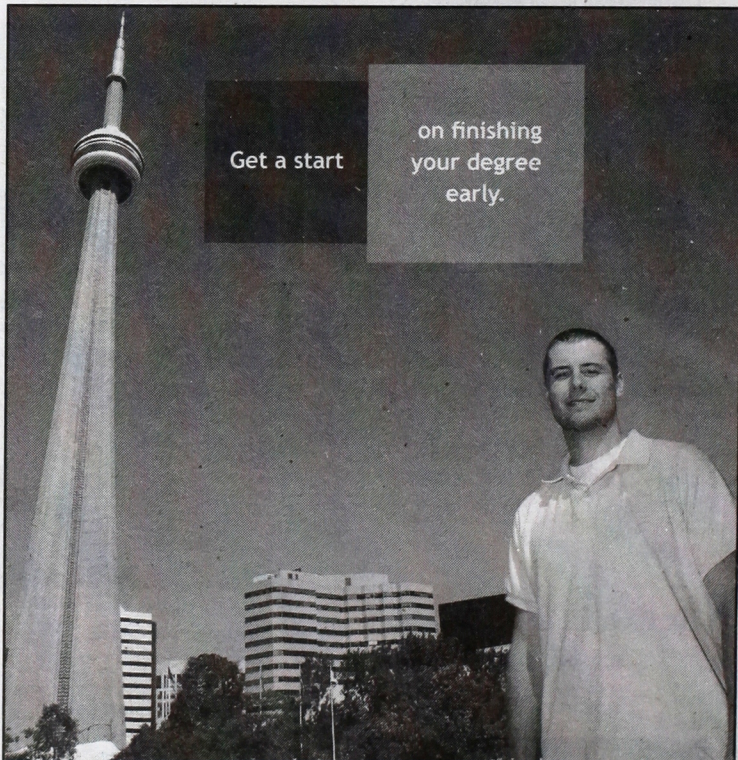
ext 2226.

To keep with routine, and with this week's theme of climate justice, I would like to give you a cold hard fact about climate change.

Fact: The global food system is a large contributor to the climate crisis. Livestock production alone makes up 18% of the global warming effect. Believe it or not, this is actually more than every car, train, and plane on the planet. Livestock production may only contribute to 9% of carbon dioxide emissions, but this sector is responsible for 37% of methane and 65% of nitrous oxide, both very dangerous greenhouse gases.

Tip: Think before you eat. Eat less dairy and meat; refraining from eating meat at least once a week is a good start. Check out www.meatlessmonday.com for meatless recipes. You can also choose organic/sustainably raised foods, eat whole foods and choose to buy from local sources.

Newspaper Creativity: With the snow melting and puddles everywhere, you are bound to end up getting that dreaded shoe soaker. An easy and sustainable drying agent could be this very newspaper. Crumple up the paper and stuff your shoes with it to get them dry in no time.



AU student Marc in Toronto, Ontario, Canada

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SGA 2010/2011 Elections: meet your candidates



SAM PITZEL
Running for: President

Ahoy! I'm Sam Pitzel, and I'm a fourth-year Concurrent Education student majoring in History. I've been involved in student life for a long time – the Political Science club (and Model Parliament), the History Society, the SGA board, the theatre scene, working at the on-campus gym – the whole gambit. So trust me when I say you're part of a pretty great student body here at Laurentian. Let's be honest, I want to work for you because there is no employer anywhere else who is going to be quite as much of a challenge, or quite as much fun.

Maybe you don't know about all the things the SGA does for you, which is absolutely fair – but I'm going to take it to the students this year. What's the point in having a great resource like the SGA if you don't know how to use it?

I want to make the SGA more accessible for all of you: Whether you're an international student or whether you prefer French to English; whether you just schooled one of your friends in our squash courts (or if you're like me, you got schooled) or whether you killed your afternoon running lines in the Green Room; whether you spent last Saturday night in the pub or you spent it in the library (and whether most if not all of that time was spent napping in the Brenda Wallace); whether you live in residence or off-campus. It would be my absolute privilege to bring the SGA to you. [This is where a catchy campaign slogan would go if anything rhymed with Pitzel other than 'shnitzel']



COLLEEN KEANEY
Running for: VP Services

Howdy, I'm Colleen Keaney, the girl who just waxed off her eyebrows for charity; but I am also a 3rd year Behavioural Neuroscience Student and Sudbury native. Things that are important to me are: helping others, family, friends, and keeping a clear mind to not judge others. Hobbies I enjoy are:

skiing, playing my flute, running, listening to music and copious amounts of late nights with bottles of wine and close friends.

Studying the human brain is a passion of mine as I enjoy understanding more about what makes humans so wicked. I especially enjoy studying drug effects on the brain.

As VP of student services I wish to implement a highly functional rideshare system across town and between cities. I am positive that this is a task I can accomplish and that it will benefit Laurentian students socially and financially.

I have worked (and am working) as a Teachers Aid for the following classes: Brain & Behaviour, Organic Chemistry I & II and Physics I & II. I also work at Adanac Ski Hill as a Ski Instructor.

I am currently a member of WUSC (World University Service of Canada), Squash Club and the Neuroscience Club, and I have been involved in BIOSOC (Biology Society), the Italian Club and other clubs in the past. I have always been an active member of the community by taking part in Sudbury Rocks Run (for Diabetes), Children's Aid Homework Club, Red Cross Youth Group, No-Strings Attached Community Band, and the Laurentian Concert Band.

With my previous club and work experience I am confident I will be the spirited VP Laurentian Students look for.

My e-mail is cc_keaney@laurentian.ca & my cell is 918-2098 if you have any question. See you at the Polls March 17th and 18th!!!



JACKIE MILLER
Running for: VP Services

My name is Jackie Miller, and I am one of the candidates running for VP Services for the 2010-2011 year! I am currently in my third year of Concurrent Education, studying French and Theatre. I have spent the past three years exploring Laurentian, getting involved in many of the different aspects of university life, both within residence and around campus (especially at Thorneloe Theatre) and even trying my hand at writing for Lambda last year as the Arts and Entertainment Editor.

I have submitted a nomination for the position of VP Services because I love the community that Laurentian develops between new and returning students,

on- and off-campus students, and the fact everyone is welcomed with open arms. Even as the end of my third year here at Laurentian draws to a close, I am continually impressed by the amount and variety of events that happen throughout campus, especially the Awareness weeks, which always have great events. I think that it is many of these events that allow this community to be built, and as our university continues to grow, I think it is very important to offer students opportunities to connect with each other. We also have over 40 clubs on campus, offering up just about everything you could ever hope for!

As the SGA/AGE Vice President Services, I would do my best to ensure that events like Club Days, the Alcohol/AIDS/SGA Awareness Weeks and the Charity Ball are accessible to students, advertised around the campus and through emails to the students, that club funding is allocated fairly and that every opportunity is given for students to get involved in the LU community. I would also do my best to create a fantastic Frosh Week to welcome all of our new students, and include events that all of our students can enjoy.

So make sure that you come out and vote this year, because the SGA is here for YOU, so pick your candidate and fill out a ballot on Wednesday March 17th or Thursday March 18th! It's your association, and your vote counts.



CASEY LALONDE
Running for: VP Issues

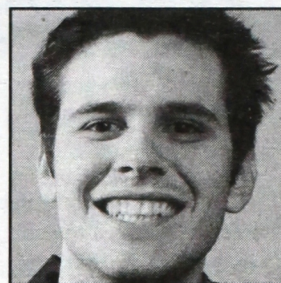
My name is Casey Lalonde. I am a third year Laurentian student in my second year of Sociology. I am very pleased to be in the running to represent you, the students, as your Vice President of Student Issues during the 2010/2011 academic year. I am very passionate about the issues affecting our education and society. While I cannot make and any elaborate promises or guarantee any great changes within our University, I can assure you that you will have a strong voice speaking on your behalf next year.

My vision for Laurentian is a multicultural, sustainable campus that fosters innovation and leadership in our community. The state of our world, as a whole, is rather frightening. The threat of climate change is real, and we cannot continue ignoring it as if it is a giant hoax. The impact inequality, poverty, unemployment, and addiction all have on society cannot be ignored. Education

is the key to solving these problems, and the University campus is a prime location to being working towards a better future. Another world is possible.

As VP of student issues, I will work very diligently as to ensure you students get the full benefit from your education and enjoy these years you spend at Laurentian. Our University has great potential for enhancing student life and the quality of education. Improving food services, increasing accessibility in all senses, and becoming a sustainable. We students must take control of our education and lead the revolution.

Also...
CHARLIE ANDREWS
Running for: VP Services



EFE GERCEK
Running for: International Students' Commissioner

My name is Efe Gerçek and I am running for the position of International Students' Commissioner. I left my country, Turkey, in 2006 and began my adventure to Canada. I started here at Laurentian in 2007 as an international student and like many other international students, took English for Academic Preparation (EAP) for a semester before beginning my studies in Chemical Engineering. Now I am in my third year of living in Sudbury and am enjoying myself.

It is not very easy coming from a whole different culture and trying to adapt to a new one with the demands of being a full-time student on top of that. I can easily understand what problems other international students may be faced with, as I experienced the very same issues upon my arrival to Canada.

Canada is a great country with its multicultural community and happy citizens. Don't you love it when you come across a stranger on the street and he or she smiles at you and says "What nice weather out there today EH!" or "We are supposed to get 2 feet of snow tomorrow EH!" If you haven't experienced this yet, trust me you will at some point. Canada is a very friendly nation and would all love to hear about your country and culture. Take my advice: just don't be shy and be ready to join in to a conversation at any time!

I would like all SGA members, not just the international students, to know that I will be there to address the issues that are specific to my constituency and listen to your needs concerning

international students.

I am an international student with a lot of Canadian and foreign friends, and I would love to be the bridge between the two. I would be honoured to represent the international students and promote politically, socially and administratively, a university environment



that is inclusive and supportive of all international students here at Laurentian.

ZACHARY COURTEMANCHE
Running for: LU Senate

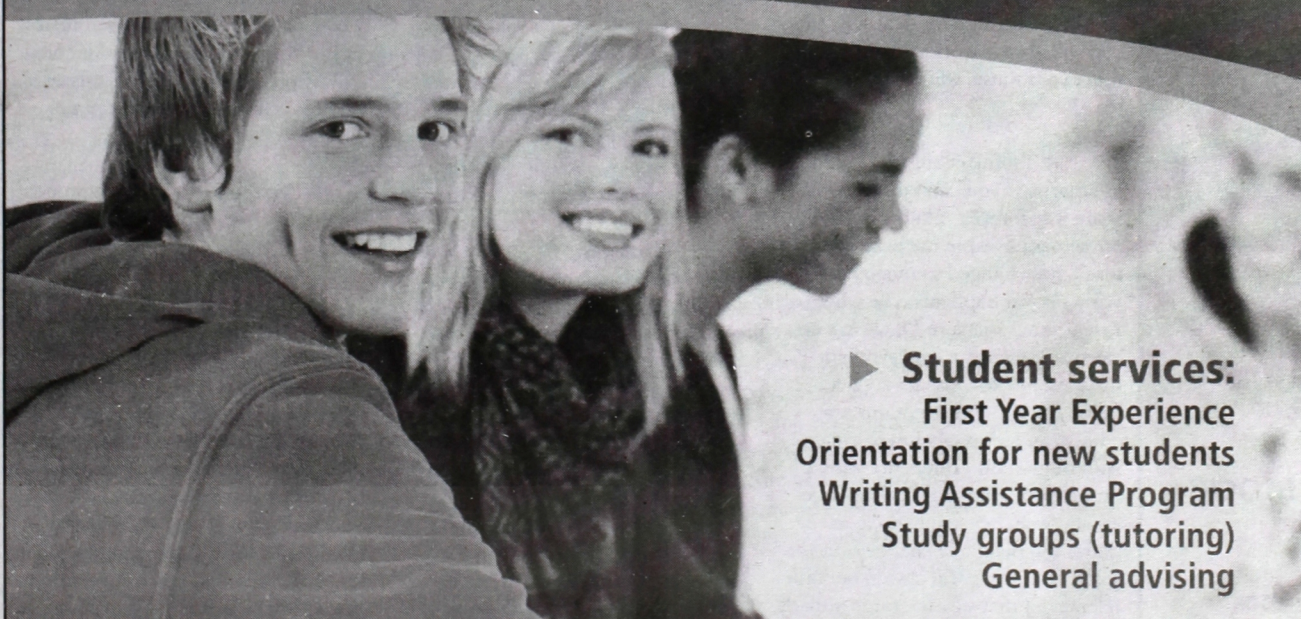
My name is Zachary Courtemanche, and I am running for a position on the Laurentian University Senate. For those of you whom I have been unable to meet during my time here so far, I thought I'd take this time to tell you a little about myself.

I'm from Sudbury via Manitoulin Island, and graduated from Lockerby Composite School here in the city. I began my studies at Laurentian this school year, in the field of Political Science. I have developed a passion for politics, as well as law, and intend to take these interests into my chosen career, and – in the shorter term – into the LU Senate.

I bring a strong background of community involvement and political advocacy to my interest in this position. I have experience with issues at all three levels of government. I have in the past submitted a petition to the City of Greater Sudbury when talk arose of closing Adanac Ski Hill. I have communicated with MPPs throughout Ontario, as well as the local paper, when the McGuire government wanted to disallow young drivers from carpooling just last year, and I worked as a canvasser in the last federal election campaign. Recently, I have also become a member of the board of directors for GEODE, Sudbury's community economic development organization.

Through this all I have refined my political ability and advocacy, and developed strong opinions and interests in the political process. I feel that the skills and experience I possess could be put to good use in representation of our interests as students in the LU Senate. I bring to the table experience, passion, and commitment to this process and this cause. If you're willing, I will use my political and academic backgrounds to ensure your needs and desires are met in the senate. I'm looking forward to the opportunity.

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SGA Elections Vote March 17 & 18

Don't miss election speeches from your SGA 2010/2011 candidates in the Great Hall on Tuesday March 16 at 11:30 a.m.

Also, be sure to get out and vote on Wednesday March 17 and Thursday March 18!

If you have any questions, or require more information on the election, please contact the SGA at sga@laurentian.ca.



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Pub Down Under catches YELLOW FVR



Jon Danyliw
Arts & Entertainment Editor

Some say that Europe is the world center for electro/dance music. Others say one must travel to the large, metropolitan Canadian cities to hear what is on the cutting edge. The truth, however, is that one needs but to travel to the Laurentian university campus.

In the Pub Down Under on the night of Thursday, Mar. 4, local DJ duo YELLOW FVR flexed their dance-music muscles for all to see in a raw, primal display of rhythm. The PA speakers were pulsing in synch with the collection of bodies on the dance floor gyrating like a single organism.

At one point, a 20-person train spontaneously generated from the crowd and snaked back and forth across the floor.

"I like to tell people that the genre of music we play is dirty-electro-house-gospel-funk," says Tariq Alladin, one of the members of YELLOW FVR. "We practice in my basement – the laboratory, we call it. It's usually a pretty big mess,

lots of empty beer bottles and candy wrappers, but it's where the magic happens."

And it certainly does appear to be magical. The crowd at the Pub was extremely receptive, many of them wearing smiles all night long, thoroughly enjoying the mixture of authentic underground house and trance music with dance re-mixes of top 40 songs: "Do you know what it's like to listen to 10 versions of 'I Got a Feeling' until you find one that you can stand?" asks Alladin.

He was, however, quick to mention that his efforts are always worthwhile.

The event at the Pub was a fundraiser to raise support money for Laurentian student Amber Lee's impending trip to Nepal to attend an international seminar. Any students interested in seeing DJ YELLOW FVR should keep an eye out for them at their next appearance: Mar. 18 at Respect is Burning on Durham St. downtown for the "Laurentian Off-Campus Students' Association" – LOCS – annual formal dinner.

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Q & A with LIGHTS



LIGHTS performing an acoustic version of "February Air" at the Capitol Centre in North Bay, Nov. 22, 2009.

Amanda Piche
Contributor

At only 22-years old, LIGHTS has emerged onto the Canadian music scene with a unique musical style that is tinged with intergalactic flair. Her love of all things comics, video games and sci-fi are evident in all pieces of her work, whether it be the music videos for radio singles "Drive My Soul", "February Air", "Saviour", or "Ice", or her collaboration with Marvel illustrator Tom Coker on the web-series starring a character of her likeness, Audio Quest: A Captain Lights Adventure. After extensive touring throughout 2009, which included her performing on the Vans Warped Tour, LIGHTS released her full length debut album, *The Listening* in North America last fall, and headlined across North America for its' promotion. LIGHTS is currently on tour in North America and Europe with Owl City.

Q: How would you describe your music, and what inspires you to create musically and lyrically?

A: Simply put, it's electro-pop. Any pop music is something you can sing along with, with relatable lyrics - there's some simple aspect that makes it easy to listen to. With the electro, it comes from that being wrapped up with synthetic textures and lots of electronic elements. As far as inspiration goes, I'm a huge fan of songwriting and a good song. You know, I'm a fan of artists who create songs that stood the test of time. Take like the Beatles or Phil Collins or Cyndi Lauper. You know, you still hear these songs twenty, thirty, forty, fifty years later and that means those are good songs. So, I'm a fan of a lot of the artists my dad raised me on actually, like Supertramp, you know? Lyrically, I'm actually just inspired by the way I talk and that is a bit of a juxtaposition to the way songs were written forty years ago because the talk now is a little bit different. But I've learned to write lyrics exactly the way that I speak so that it feels like I'm talking really honestly in my music.

Q: Is this a musical style that you will always work with, or do you think your music will change over time?

A: I think change is inevitable as an artist - you can't just stay the same way forever. I know based on [experiences] in my past, my music has changed so much over the years - it just happens to be where I right now. I'm sure I'll always use electronic elements and synthetic textures, just because it's such a broad world and the options are endless and it's really fun to create with those tools. But genre wise, I'll probably mature and develop as an artist - well, I certainly hope so - and it will definitely change over the years. But there will always be some [elements] that stay the same - that's my kind of melodies and my kind of lyrics so that will be the continuing element throughout all of it.

Q: You are currently on tour with Owl City. How did you two get together on this tour?

A: Well, the initial factor that brought us together was our agents (laughs). But we've kind of been following each other's careers for years now. You know, both of us kind of started the same way on Myspace, putting out the music we were making at home. Our music is very similar, you know as far as [being] positive and pop songs both with electronic elements. And that being said, we are a great match on the road, and the people he brings out are more apt to enjoy my music and it is really easy to play for them. I know that a lot of people wanted to be on this tour, and he was pretty ardent about having me [come] out, which is awesome. I'm so thankful to him for that.

Q: How has your experience been on the tour been so far? Are there places you were excited to see, or places you are anxious to see in the future?

A: Yeah, definitely. As far as the past few weeks, we've pretty much for the most part covered towns we've already been in. I mean, aside from the fact that I was really excited to go to Florida because it was warm, everything else I had kind of seen. But that being said, there was a lot of really good nights that were unexpected. Like last night I was playing at Baton Rouge, Louisiana, and I'd never been there - didn't know what to expect. We have that stereotype that we know of Louisiana, right? But it was nothing like that - it was incredible! The show was awesome! Everyone just loves music, and they're all incredibly musical, so it's cool how it can change your preconceptions about them.

And as far as the coming weeks go, we're actually headed to Europe in two days. I've toured the UK a few times but never hit up mainland Europe before, and I'm so pumped for that. Plus my relatives come from Germany and Austria, so going to those areas is going to be so much fun.

Q: When I saw you perform in North Bay, you said the song "Lions" was about your favourite game, *World of Warcraft*? Have you, or do you plan on writing another song based on *WoW*, or any other game?

A: (laughs) Well, to say that *Lions* was written about *WoW* is a definite generalization. I mean, the song *Lions* goes much deeper than just talking about a video game - that's how all my music is. But to say it was written about *WoW*? It's based on references, based on putting my mind somewhere to get a point across. The song is about going into dangerous territory, which can be representative of anything in life - doing something new and not being afraid. And so I wanted to bring that to reality somehow, and in order to do that, as a songwriter, you have to put your mind into the place you are writing from or vice versa - the song comes from the place where your

mind is. And all I could envision was like a battlefield somewhere that is pretty daunting and not having to be afraid. Instantly *World of Warcraft* came up 'cause I'm always playing that game. In *WoW* you're always fighting and you're always going to scary places but you know, you're not afraid. So I started to just sort of reference [situations] you are in and even phrases from the game just to generate excitement in the lyrics and make it that much more relatable for gamers or myself, you know? So on the surface it is about *WoW*, but it goes much deeper for sure, and that being said, there will be more songs that have *WoW* references here and there, whether it is something about a story or something about a battle or something. I'm always thinking about *WoW*, so there will probably be more of that.

Q: Are there other games that you enjoy besides *WoW*?

A: Yeah! When I'm online I go on *WoW*, but I mean sitting like I am right now, I don't have internet and it's impossible. So I do bring my Nintendo DS out a lot, and I play *Final Fantasy* - I have a few different versions of *Final Fantasy*. I do that, and always the classics like *Mario Brothers* and *Super Mario*, and when I'm at home I have my Xbox - it's pretty hard to bring on the road though, it's pretty heavy. I play *Dead Space* and *Mortal Kombat vs DC Universe* and *UFC Undisputed* - just a bunch of combat games.

Q: Captain Lights: Audio Quest is nearing its conclusion - is this the end of Captain Lights, or are their plans to continue her story?

A: Definitely, definitely! I am so proud of Captain Lights: Audio Quest. We have ten episodes planned right now - eight are out [note: all episodes are now released]. Once these ten are done, it definitely doesn't mean it's over for Captain Lights. It might be the last video of the web-series, who knows? But it will continue, and I'm hoping it will continue in actual solid comic book form, which would be even cooler in my opinion. I love comics ... so that's the plan, and maybe one day it will expand beyond that, like into a video game or a movie or something, or we could continue to web-series, but this is not the end of Captain Lights!

Q: You are touring rigorously until May - what are your plans after the tour?

A: Yes, definitely. I'm actually scheduled for a few days of *Lilith Fair* this year. *Lilith Fair* is coming back with a bang! It's got an awesome lineup that I'm honored to be part of, and I'll be on a few of those dates, as well as lots of going back overseas. You know, this is the year that my record gets released outside of North America in like the UK and mainland Europe, so going back a lot for that - and that's just tentative plans for the year. I mean, that's still looking pretty far ahead, but it's basically going to be a lot of touring.

Record review: Andrew Laviolette - This Far From Home



Matt Moskal
Editor-In-Chief

Rarely when working at my desk with an album on am I grabbed by a moment as satisfying as Andrew Laviolette singing "Wait a minute mister, you're a creature livin' all by yourself," in the closing moments of "Dance Like Old Souls".

For once in my life, I repeated the first track of an album out of a fear that it can't get any better. I guess this is what truly living in the moment must be like (and yes, it got better).

Welcome to the world of Andrew Laviolette, dusty old soul and fresh young voice all rolled into one.

I first heard Andrew in my second year at Laurentian at a Huntington coffee house. He walked on stage draped in a baggy black sweater donning a scruffy but thin beard and a brimmed toque. It was obvious he was an ADVL student at first blush. From his first song to his cover of Broken Social Scene's "Looks Just Like The Sun", I was

captivated.

Needless to say, three years later after finding out that Andrew dropped his first album no more than a week ago, I'm still floored by his abilities as a performer.

This Far From Home, his first disc mixed and mastered by Jesse Legace of Sulfur City Blues Band, is nothing short of spectacular.

The aforementioned opener sets the tone for an eight-track emotional journey. Cellist Tiffany Pollock's ability to lift Andrew's voice and set the mood like a table for two is captivating but not overwhelming. The duo wrap up the album with another collaboration to the same effect.

Each song feels like a separate component to an overall narrative in which Laviolette reflects on the internal and external but disallows them to seem too far apart. And, in the tradition of all great songwriters and storytellers, there's always a beautiful muse.

To call the album Dylanesque isn't too far from being honest. But when the album's title track pipes

in with the wail of the producer Legace's slide guitar and Laviolette's gentle finger picking, the line between imitation and influence is overwhelmed by reality. Some singers learn from those they feel a kinship with, no matter what the generational divide.

The flow of This Far From Home is perfect. There isn't a dull moment. The album is relaxed and organic and not a single note, word or thought seems forced or out of place. From the harmonics ringing at the start of "Is This My Heart?" to the driven aforementioned cello solo in album closer "Don't Look Back", everything is sound.

Andrew Laviolette is one of Sudbury's many hidden gems but for this album to go unappreciated would be a crime against the human spirit.

Tracks to check out: "Dance Like Old Souls", "Is This My Heart?", "This Far From Home"

Check out Andrew at the Townhouse Tavern Mar. 21st. Admission is free.

Record review: Yukon Blonde - Self-Titled



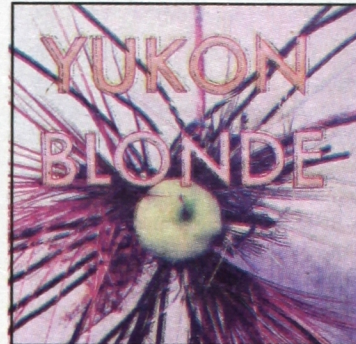
Evan Bergstra
Contributor

Success in music is a tricky thing. As with any art form, innovation in music is critically applauded, but the listening public tends to have a hard time with anything really weird.

One of the reasons why so many bands since the Beatles have been discredited for drawing too much from them is that the Fab Four established a sound that found a home in the largest audience. This earned them a whole mess of radio play, which set the bar for the average ear. Even if we didn't love it, we were used to it.

"The Magic Schoolbus" gave us all the impression that taking risks is universally rewarded. In pop music this is not always the case. Not everyone is ready to hear something new. I'll always respect bands for pushing boundaries, but I try to have sympathy for those that play it safe; Yukon Blonde is one of the delightful few that does both.

Their self-titled record opens with smooth, creamy vocals and delicate guitars over a stubborn and dedicated drum/bass unison. Two verses take their time introducing the whole cast of instruments before the



electric lead gives a brief but sweet solo. It takes almost two minutes for each member of this B.C. three-piece to make it clear that they can really sing. Especially together. Especially in spotless harmony, with just enough edge to keep them from sounding too tame as they chant out a hook catchy enough to have been lifted from a best of The Who compilation.

The song, "Rather Be With You", winds down perfectly with a few gentle, sustained, synth textures; playful percussion; and some carefree, jam-session guitar. The first song showcases their flexibility and breadth of perspective as musicians. While their music is certainly rooted in the same realm of indie rock as label-mates Two Hours Traffic and The Trews, the variety of their vocal and playing styles, as well as their instrumentation, make them seem less confined by the genre.

Yukon Blonde manage to produce music that is both refreshing and familiar by recognizing the forms they draw from and choosing carefully where to conform and where to break free. And that's just in the first track.

Tracks to check out: "Rather Be With You", "Wind Blows", "Ghosts on Film"

Roger Nash: Laurentian Professor and the first Poet Laureate of Sudbury

Jon Danyliw
Arts & Entertainment Editor

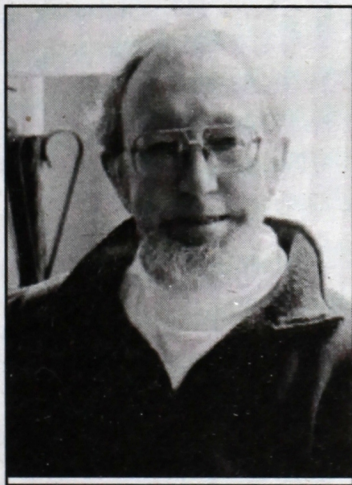
Roger Nash – professor Emeritus of the Laurentian University Philosophy Department – was named Poet Laureate of the Greater City of Sudbury on the morning of Thursday, Feb. 25 at the Sudbury Public Library.

It was a morning to be remembered. If nothing else, this position serves as an acknowledgement of the rich and vibrant arts community in Sudbury that, for too long, has been underappreciated.

Chosen from a list of five local poets who were deemed worthy of consideration, Roger, as Poet Laureate, will be responsible for promoting literary events around Sudbury such as the university's Luminaries series and various open mic nights around town. Furthermore, he is charged with composing poetry to commemorate specific events.

He read from his poem "My City" during his acceptance speech, the first of many poems, one expects, to be composed in recognition of municipal happenings:

"In this city, we mine more



Roger Nash
"My first job was mucking out pig pens; this seems a distinctive step up."

than nickel.

Ore-veins of stories are surveyed and tagged in our forests. In the great smelter of song, voices find their true shine ..."

Following a rousing speech by Mayor Rodriguez in which he urged a group of Sudbury Secondary and Marymount students to "read Keats and Byron and Shelley," Roger took the podium for his acceptance

speech, of which the above poem was but a small part, joking that the mayor "is quite a hard act to follow." He began by recalling all of the work that he has done in his life: "My first job was mucking out pig pens; this seems a distinctive step up."

Humor aside, the Poet Laureate title truly is an honorable appointment, providing an office for its recipient at the downtown library and endowing him/her with the power and influence necessary for celebrating and promoting literature in the city. It is expected that every two or three years, the position will switch from English to French and back again, allowing for celebration of Sudbury's bi-lingualism.

Although it is a position generally reserved service on the national level, that Sudbury has appointed its first poet laureate speaks to the city's inclusive and self-directing attitude.

Although Sudbury's arts communities are alive and flourishing, positions like this one will help to direct them in their progression.

Under the tutelage of Roger and others like him, it is inevitable that the creative work of Sudburians will continue to find its way onto the national plain.

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The Learning Clinic: Small things

Robert Kirwan
Contributor

I am currently reading a book entitled, "The Power of Small". It is written by Linda Kaplan Thaler and Robin Koval. It is basically about how some of our smallest actions and gestures can have a huge impact on the achievement of our "big goals". As most of you who read my articles already know, I strongly encourage people to know what their big goals are so that they have some focus on where they are going. However, I also believe that your life can be totally changed by some of the smallest, seemingly inconsequential events or actions.

This was brought out to me recently when I first met with Jason Kontak, who is the President of the Student General Association and was scheduled to be a special guest on THE LEARNING CLINIC, a weekly radio show I host every Monday from 5 to 8 p.m. on CKLU 96.7 FM. I stopped by his office about an hour before the show to discuss some of the topics that we would be covering. The door was locked for the day, but he let me in and we were engaging in a conversation when we heard another knock on the door.

Jason opened the door again and greeted a young lady who looked as if she was a first-year student at Laurentian. The girl asked if he could tell her where the "pub" office was located because she thought she

had lost her student card there the night before. Jason informed her that the pub was closed but that he would check in a binder on his secretary's desk just in case the card had been found and brought to the SGA office. Sure enough, the grateful girl spotted her card and expressed her extreme gratitude to Jason for finding it. She needed it to get on the transit bus which was leaving in five minutes to take her home.

Jason let the girl out and locked the door again before returning to our conversation.

I later explained to Jason that even though it was the first time that I had ever met him and did not know what kind of background he had or what he was studying, the kindness he showed to that young lady spoke volumes to me about Jason Kontak.

To Jason, what he did wasn't a very big deal. He was just doing his job. But to the young lady, finding her student card was a huge deal. It was her pass for just about everything important to her. Furthermore, the office was actually closed, so Jason didn't have to do a thing. The girl would have continued in her quest to find the "pub" office and may still be searching for her card.

Instead, since this may have been her first experience with the SGA, she left that office with a wonderful impression of the SGA and the President, Jason Kontak. Who knows what that single act of kindness may bring about. This

young lady may even decide to run for one of the positions that are up for election, and she may even one day become president, all because of the positive experience she had in her time of need.

I told Jason that if I was considering hiring him for a job, none of his letters of reference, nor any of his long list of accomplishments and achievements, not even his position as President of the SGA would have as much impact on my decision to hire him as witnessing that simple act of kindness to a young lady whom he had never met. I told him that I would hire him on the spot regardless of the rest of his qualifications.

The late Malcolm Forbes, publisher of Forbes Magazine and known for his lavish lifestyle, was considered to be a very influential individual. When Malcolm Forbes spoke, everyone listened. And yet, despite all of his fame and power, there is one quote of his that truly expresses the secret of his great success. Forbes once said, "You can easily judge the character of others by how they treat those who can do nothing for them or to them."

And so, as you move forward with your life, remember that it will be the small things in life that have the biggest impact in the end. The next person you hold the door open for or say thank you to may turn out to be a person who will change your life.

Why the athletic department supports fee increase

From the Laurentian Athletics
Department
Contributor

With a referendum looming, the topic of increased student fees needs to be addressed. The option to vote for a small increase to the student fees is well justified. One of the many faces of the University, your Voyageurs and Lady Vees, are facing challenges like everyone moving into the new decade.

LU athletics is among the leaders of student employment on campus. With a home event staff made up virtually entirely of students, the increase in minimum wage makes it difficult to maintain such a high employment rate without some further assistance. The Voyageurs and Lady Vees need these students and the students need these jobs.

There are also travel costs that effects athletics, particularly with Laurentian like no-one else. Your Voyageurs and Lady Vees amass an insane amount of miles on the road every year while donning the

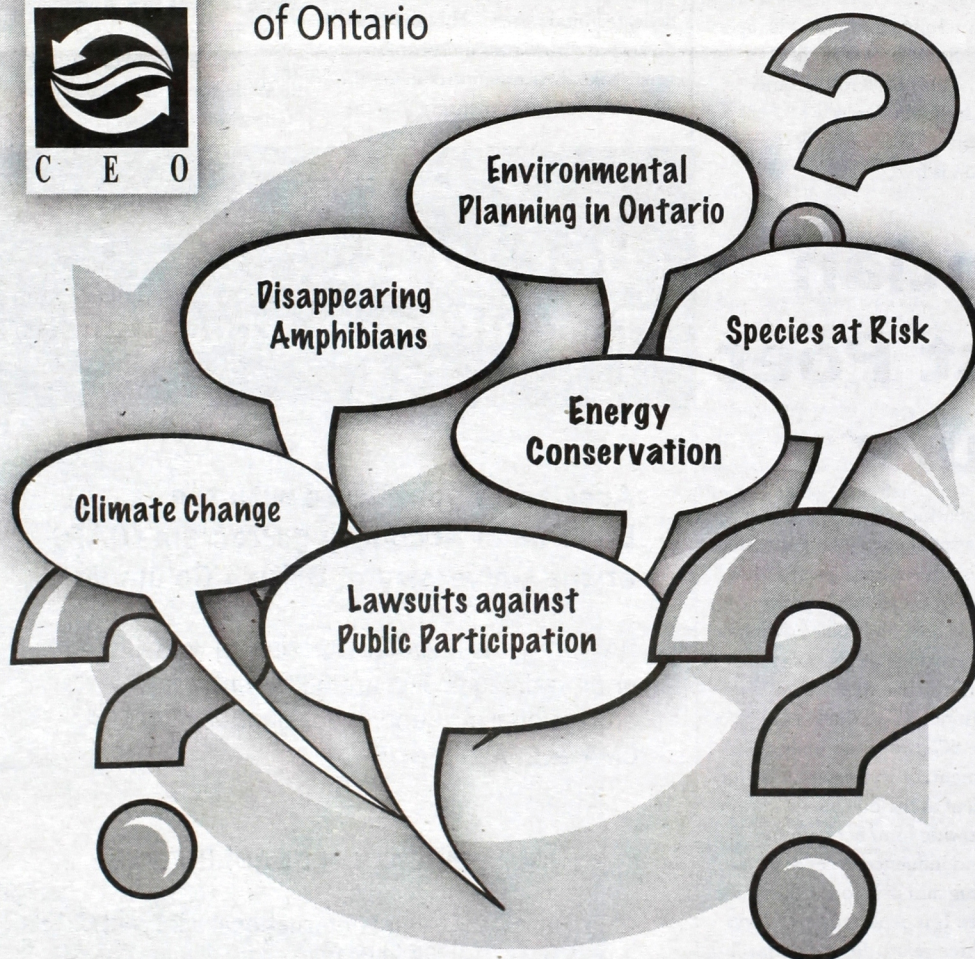
blue and gold and representing Laurentian University. With a limited monetary increase to each student, the pride and tradition of Laurentian will continue to be echoed across the province and country.

"We appreciate all the support our student stakeholders have given us throughout the years and we are proud to represent the LU student body in athletics provincially and nationally. We are hoping our stakeholders recognize their peers hard work and grant us a small increase that will assist us in student athlete travel and meet the increased minimum wages for our student employees. We Athletic Director Peter Hellstrom.

Laurentian University's Department of Athletics is home to 12 varsity sports teams. The Voyageurs and Lady Vees decorated history of pride and tradition includes 61 provincial championships as well as 9 national championships in 49 years of competition.



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Quantum Dots: homeopathy, moon water, and healthy smiles

Matt Strickland
Contributor

The UK declares war on homeopathy

A committee of British MPs has recommended that the UK cease funding homeopathic hospitals and treatments. The group considered evidence from scientists, homeopaths, and a number of reports and investigations into the popular alternative health modality. In the end, they concluded what most skeptics have been saying for decades: that there is no evidence such treatments work any better than placebos.

Homeopathy is much more widespread in the United Kingdom than it is here in Canada. In fact the National Health Service of the UK currently funds four homeopathic hospitals and regulatory committees and adds credence to the practice by licensing their remedies.

In addition to recommending that funding for these hospitals and homeopathic remedies be pulled, the committee in charge of examining the evidence also urged other European countries to follow suit. The report didn't mince on words either. When announcing the findings, they used words like "sugar pills", "witchcraft", and "patient deception".

The recommendations, if approved by the British parliament, will save about £25 million of taxpayer money from going to these projects.

Moon water

And here you thought the moon was made of cheese.

NASA recently announced that radar equipment aboard an Indian probe has detected an enormous amount of water near the Moon's north pole. How much? About 600 million metric tons of ice, all contained within dark, shadowy craters. For comparison's sake, Lake Nipissing (located west of Sudbury) is about 3,800 million metric tons.

This is actually the third major water discovery on our little moon. The first came in September of last year when the same Indian project found evidence of water near the south pole using the same radar equipment. The finding was confirmed by another experiment which obtained tangible proof of water by shooting "impactor" probes at the Moon's surface and then analyzing the dust projected away from the planet.

The discovery is creating a great deal of excitement because it means the prospect of a lunar base is much more realistic than had previously been believed. Water harvested from the Moon's surface could not only be consumed by astronauts, but also used as a potential source of oxygen and energy. A second joint Indian-American mission is slated to leave for the moon sometime in 2013.

Smile for your life

Smiling like you mean it—not disingenuously grinning—has been linked to longer life expectancies.

Researchers examined the official photographs of 230 pro baseball players from the 1950s and then followed up to see if they were still alive today. To categorize the players' photos, the scientists

looked specifically at their smiles. There are two major types of smiles: the genuine smile—known in the literature as "Duchenne smiles" after the neurologist who first defined it—and fake smiles.

With practice, genuine smiles can be readily differentiated because of some key physical differences. While fake smiles are made by flexing primarily the zygomatic major muscles of the mouth, real smiles use an additional set of involuntary muscles. This extra group is responsible for furling the corners of the eyes, lowering the outside of the eyebrows, and other subtle changes.

The researchers categorized the players as Duchenne smilers, fake smilers, or non-smilers and then compared these categories to how long the players had lived. The results strongly supported the notion that happier people live longer. In fact, those players who were genuinely smiling in their photos lived, on average, seven years longer than the non-smilers and five years longer than the fakers!

There remains some debate about how accurately a big smile reflects happiness as opposed to, say, conscientiousness or sociability, but the result is not completely novel. In the past, researchers have also shown that genuine smiles are correlated with happiness and marital satisfaction. Certainly something to keep in mind while looking for a partner—stay away from the sullen stick-in-the-muds who may die earlier and be less content with the relationship.

Rules of the game: places to meet girls

Ace Kirkwood
Contributor

Q: "Ace, some of your advice may be all well and good, but where do I meet these girls besides school? I don't want to eat where I [poop]."

A: Well since this was the one question I received, we'll focus on helping the guys this issue. Here are the three best places I know of the meet girls.

AWESOME PLACE #1: BARS AND CLUBS

Didn't think you could make it through this list without the obvious, did you? Because bars and clubs do get a bad reputation. It's dark, people are insecure and loaded with alcohol. And the music is way too loud to have a good conversation.

But the fact is: women go to bars and clubs to meet guys. So girls you meet at a bar or club are much, much more willing to give you their phone number in a very short amount of time. Here are 3 quick tips for bars & clubs:

1) Go alone, at least some of the time. It may be scary at first, but it's much easier to scout out a new bar by yourself. In fact, your nerves may be lessened because your buddies aren't watching your every move.

2) Don't get her phone number at the end of the conversation. Find a logical place to get it near the middle. Like if she says, "I'd love to go see that movie", you say "Cool, we should totally go together. I'll give you a call" and get her phone number. Getting the number then leaving makes you seem like a schmuk.

3) Don't drink. It sounds harder than it is. I never drink when I go out. I have just as much fun. If you need some kind of "social lubricant" to be happy or to gain

confidence, you have some problems you need to work out. The easiest way to stay sober and not stand out is to just order water from the bar. Or a soda. So you always have a drink in your hand, people won't ask you why you're not drinking (which can be annoying) But your wits are still sharp and you'll be at your best. Besides, now you'll remember her name (an added bonus).

AWESOME PLACE #2: THE GROCERY STORE

Women have to go there and they're usually in a hopeful or social mood. Also, it's during the day, which is low-pressure and you have an obvious time limit. This time limit lets her relax, because she knows you can't possibly talk to her forever (this is only until you show her how awesome you are).

**AWESOME PLACE #3: THE BOOK STORE*

It's cliché, but it's true. Smart girls are attractive. And the attractive, smart girls read books. Therefore the attractive, smart girls who read books hang out in book stores. If you head there on a weekend afternoon, you can bet your behind on at least one or two cuties roaming the shelves. If you stick to sections you're actually interested in, starting a conversation is easy. Just walk up to her and make a casual comment like, "I loved that book. Read anything by him yet?"

If you don't see a girl who strikes your fancy, grab a book you like and sit in one of the chairs. Take an hour, and read. Relax. Have fun. And then you will have a fresh new set of women to talk to. And you just may learn something.

There aren't many Lambdas left for this school year, so send your questions to TheAceOfLaid@gmail.com.

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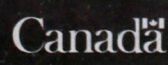
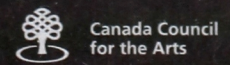
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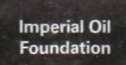
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Wild at Heart: comedy night and fundraiser

**Samantha Hunter
Contributor**

The Wild at Heart Refuge Centre is a non-profit charitable organization located in Lively, Ontario. We are dedicated to promoting wildlife conservation and rehabilitation. Our centre provides veterinary care and treatment to orphaned, injured, and sick wild animals so they may return to the wild.

Wild at Heart was founded by Dr. Rod Jouppi D.V.M. of the Walden Animal Hospital who has been treating wildlife for 30 years.

The Walden Animal Hospital donates staff time, expertise, and equipment to help Wild at Heart treat wildlife. We also have over fifty dedicated volunteers who provide daily animal care for the approximately 500 animals we receive annually.

To truly make a difference, we are planning to provide an educational experience regarding important issues affecting our environment and wildlife. Wild at Heart is currently constructing a new 5,000 square foot education and wildlife care centre near our present location. It will be open to

the public in 2010.

This facility will enable us to fulfill our two-fold mission of treating wildlife professionally as well as providing an educational platform that will allow visitors and students from across Ontario to learn about the work we do and experience wildlife first hand. This endeavor will benefit our community by providing acute wildlife care, public education space and programs, a learning resource centre, and creating ecotourism opportunities for the North.

Wild at Heart is hosting our

first annual "Wild About Comedy" dinner, auction, and comedy show at the Cambrian College Student Centre (2301-1400 Barrydowne Road, Sudbury) on Saturday April 17th, 2010. The event features comedian Ben Guyatt, host of Comedy at Club 54, along with two other fellow comedians.

Doors open at 5:00p.m. with dinner beginning at 6:00p.m. Tickets are \$40 each, \$75 per couple, or \$300 for a table of eight. Businesses will receive great advertising opportunities for purchasing a table. Wild at Heart will be hosting a live and silent

auction during the evening which includes beautiful artwork, travel experiences, merchandise, and gift packages.

To purchase your tickets or to contact Wild at Heart, call (705) 692-4478 or email samantha@wahrefugecentre.org. For more information, visit: www.wahrefugecentre.org. Tickets must be purchased before the event and all proceeds support the Wild at Heart Refuge Centre. Please note you must be 19 years of age or older to attend as alcohol will be available for purchase.



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